

## Do you suffer from Inflammatory Disease?

Rheumatoid Arthritis  
Psoriatic Arthritis  
Ankylosing Spondylitis  
Spondyloarthritis  
Lupus & Autoimmune Disease



# LIFESTYLE CHANGES Q&A

2:45 PM

29 NOVEMBER 2016

PARRAMATTA CLINIC

Can an anti-inflammatory diet help?

**Am I doing the right exercise for me?**

What can a Physiotherapist do to help my pain?

60 MINUTE GROUP Q&A SESSION  
WITH OUR DIETITIAN, PHYSIOTHERAPIST  
& EXERCISE PHYSIOLOGIST

**\$66 FOR YOU AND YOUR PARTNER/FRIEND**